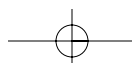


Top 10 Safety Tips

10 consejos para seguridad Mantente activo.... Pero sin peligro

Jugar con inteligencia es jugar seguro. ¡Aquí te damos diez consejos importantes para la seguridad, no importa cuál sea tu verbo!

- 1. ¡Usa el equipo!** Si haces una actividad que requiere equipo protector, úsalo siempre—y revísalo con regularidad para asegurarte de que te sienta bien y que funciona apropiadamente.
- 2. ¡Protégete el meollo!** Usa casco para el ciclismo, patinaje en línea y andar en monopatín. Comprueba que llevas la talla adecuada y que está bien abrochado para que no se te caiga. Pídele a un adulto que te enseñe cómo te debe sentar y cómo abrocharte el casco.
- 3. ¡Calienta!** Acuérdate de estirarte y de refrescarte—¡hablamos de los músculos! Es importante calentar y refrescarse después de cada actividad.
- 4. ¡Bebe H2O!** Necesitarás mucha agua para mantenerte fresco. Bebe agua antes, durante y después de cualquier actividad física—aunque no tengas sed.
- 5. ¡Tómalo con calma!** Empieza despacio y aprende la manera apropiada de hacer la actividad. Es buena idea tomar clases o seguir los consejos de un experto.
- 6. ¡No debe doler!** Descansa si te lastimas. Dile a un adulto y haz que tu doctor te revise.
- 7. ¡Ten conciencia de lo que haces!** Abre los ojos y los oídos. Préstale atención a lo que pasa a tu alrededor. Quítate los audífonos, porque llevarlos no te permitirá oír los autos y las personas que se acercan.
- 8. ¡Informa a otros!** Hazle saber a tus padres cuándo y adónde vas. Quédate en la zona de seguridad planeada entre ustedes.
- 9. ¡Recuerda; Respeta!** Cuando juegues deportes en un equipo recuerda que el respeto es muy importante: Respeta las reglas, Respeta a tus opositores y Respeta a los árbitros y sus decisiones.
- 10. ¡Juega acompañado!** Jugar acompañado es divertido y además los mantiene seguros a todos, ya que hay alguien que puede ayudarte si es necesario.



Top 10 Safety Tips



Top 10 Safety Tips Be Active...But Be Safe

Playing it smart is playing it safe. Here are 10 Top Safety Tips that are important no matter what your VERB is!

- 1. Gear up!** If the activity you're doing requires protective gear, make sure you wear it at all times — and check it regularly to make sure it fits and works right.
- 2. Protect your noggin.** Wear a helmet for activities like biking, blading and boarding. Just make sure it is the right size and is tightly buckled so it doesn't slip. Ask an adult to show you the proper way a helmet should fit and buckle.
- 3. Warm up!** Remember to stretch it out, and cool it down — your muscles, that is! It's important to warm up before and cool down after each activity.
- 4. Drink that H2O!** You'll need lots of water to stay fresh. Drink water before, during, and after any physical activity — even if you don't feel thirsty.
- 5. Take it easy!** Start slow and learn the right techniques for the activity you're doing. It's a good idea to take a lesson or get some tips from an expert.
- 6. It shouldn't hurt!** Take a time-out if you get injured. Make sure you tell an adult and have your doctor check it out.
- 7. Be street smart.** Keep your eyes and ears open. Pay attention to what's going on around you. Skip the headphones; they'll prevent you from hearing oncoming cars or people.
- 8. Give others the 411.** Make sure your parents know where and when you are going out. Stay in the Safe-T-Zone that you and your parents have mapped out.
- 9. Remember the 3 R's.** When playing team sports, remember the 3Rs: Respect the rules, Respect your opponents, and Respect the officials and their decisions.
- 10. Buddy Up!** VERBing with a buddy is not only fun, it also keeps you both safe by having someone there to look out for you.



Games Kids Play Around the World

Wherever there are kids — from Australia to Ghana, from Brazil to the U.S. — you're sure to find fun and exciting games. Many games that kids play in other countries are similar to games you play. For example, have you ever played Hopscotch? There is a similar game in Turkey called "Run, Rabbit! Run."

But there are other games in different parts of the world that are very different — and fun — from the typical games played in the United States. Here are some of them. Which games sound like the most fun? Get a group of friends together and try them all. Or talk to your P.E. teacher or parent about having an International Game Day.

AUSTRALIA

Name of Game: Down Down Down

Number of Players: Any number

Equipment Needed: Tennis ball

How to Play: Begin by throwing or tossing the tennis ball back and forth among all of the players. When someone drops the ball, everyone yells, "Down on one knee." The game continues with one of the players now knelt down on one knee. If that same player drops the ball a second time, everyone yells, "Down on two knees." If the same person drops the ball a third time, everyone yells, "Down on one elbow"; a fourth time, "down on two elbows." The fifth time that same person drops the ball, everyone yells, "Touch your chin." That person is then out. Remember: as play progresses, players must stay in their positions to catch the ball and throw the ball. The last person who has not touched his or her chin to the ground is the winner.

BRAZIL (SOUTH AMERICA)

Name of Game: Luta de Galo (Fight of the Roosters)

Pronunciation: (LU-ta de GA-lo)

Number of Players: Any number

Equipment Needed: Handkerchiefs

How to Play: Players tuck handkerchiefs in their belts or back pockets. They place their right arm across their chest and hop around on their right foot. The free left arm is used to reach for and grab another player's handkerchief. When a handkerchief is taken from a player, that



player is out. Players are also out if their left foot touches the ground or if they unbend their right arm. The last player who still has a handkerchief in his or her belt or back pocket is the winner.

GHANA (AFRICA)

Name of Game: Big Snake

Number of Players: 20 or more

Equipment Needed: None

How to Play: One player is chosen to be the snake. The object of the game is for the snake to catch the other players. When a player is caught, he or she must join hands with the snake and the two continue the chase. As players are caught, the snake gradually grows longer. Only the players on either end of the snake may tag a runner. Should the snake break because the players let go of their hands, the snake must return to a “home square” and rejoin their hands and begin the chase again. The game is over when all players are caught. When the snake becomes long enough, you can add excitement to the game by trying to encircle the remaining players. However, the runners who are encircled may break the snake, thus causing it to return home and consequently give the runners a chance to scatter.

GREECE (EUROPE)

Name of Game: Oyster Shell

Number of Players: 30 or more

Equipment Needed: Oyster shell or cardboard (printed a dark color on one side and a light color on the opposite side)

How to Play: Two parallel lines are drawn 10 feet apart. The territory between the lines is the neutral area. A goal line is drawn about 30 feet behind each starting line. The players divide into two teams. One team is the light and the other the dark. The two teams line up on the starting lines, facing each other. One player tosses an oyster shell (or cardboard). If the oyster shell falls dark side up, the light team members run for their goal line as the dark team members chase them. If a player is caught before reaching the goal line, he or she joins the opposing team. The game continues until one team has captured all members of the opposing team.

Continued on next page





Games Kids Play Around the World (con't)

ITALY (EUROPE)

Name of Game: Roman Ball

Number of Players: 5 or more

Equipment Needed: Tennis ball, chalk and string to draw circles

How to Play: The game of Roman Ball is played on a court. The court has two circles, one in the middle of the other. The inner circle should be five feet in diameter. The outer circle should be 20 feet in diameter. Five players stand spread out around the bigger of the two circles. The player with the ball bounces it in the inner circle. If the ball passes beyond the outer circle without being caught, the thrower gets a point. If the ball is caught by another player, there is no point awarded to the thrower. The first person to reach seven points wins the game. You may run around the circle in order to catch the ball.



MEXICO (NORTH AMERICA)

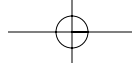
Name of Game: Carpenteros, Carboneros, and Cardinales

Pronunciation: Carpenteros (car-pen-TA-ros); Carboneros (car-bo-NA-ros); Cardinales (car-di-NA-les)

Number of Players: 20 or more, divided into two equal groups

Equipment Needed: None

How to Play: Draw a line about twenty feet long. One player is chosen as the leader. The other players form two parallel lines about 3 feet apart and facing each other. One team is the carpenteros or carpenters; the other is the carboneros or coal miners. Play begins when the leader calls out either carpenteros, carboneros, or cardinales. If the leader calls carpenteros, that team turns and runs to a line about 30 feet away. The carboneros try to tag the carpenteros before they cross the line. The players who are tagged are out of the game. If the leader calls carboneros, that team turns and runs to a line on their side, trying to reach it before the carpenteros tag them. If the leader calls cardinals, neither team should move. If a player should move even a foot, he or she is eliminated from the game. The leader may add excitement to the game by pausing on the first syllable CAR so that the players do not know what to expect. The team with the most players at the end of playing time wins. In the United States, there is a version of this game called Red Light, Green Light. Have you ever played it?



SPAIN (EUROPE)

Name of Game: Pelota Pared (Wall Ball)

Number of Players: 2 or more

Equipment Needed: A tennis ball and chalk

How to Play: On an outside wall, draw a parallel line to the ground with chalk. (Be sure to get permission first.) Give each player a number at random. The player with the number one has to bounce the ball on the floor and hit it with his or her hand, throwing the ball against the wall calling another number. The player whose number is called has to hit the ball before it bounces twice on the ground and call another number, and so on. A player fails if he isn't able to hit the ball before the second bounce or if the ball hits the wall under the line drawn on the wall. When a player fails, he or she is out. The last player is the winner.

Variation: A variation of this game is called burro (donkey). In "burro," the first time that a player fails, he or she has the first letter of the word "burro," the B. The second time that player fails, he or she has the U, and so on. When a player completes the word "burro," he or she is out.

SWITZERLAND (EUROPE)

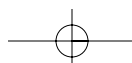
Name of Game: Hallihallo

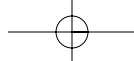
Pronunciation: (Hal-li Hah-lo)

Number of Players: 10 or more

Equipment Needed: Ball or beanbag

How to Play: One player is chosen as the leader. The other players sit in a long row. The leader stands in front of the group with a ball in his or her hands and thinks about an animal, say buffalo. The leader says, "It is an animal, starting with B, and throws the ball to the first player sitting in the row. The player replies by trying to guess the name of the animal starting with "B" and throws the ball back. If the guess is right, he or she then becomes the leader and stands in front of the group. The first leader sits at the end of the row. If the player does not know the answer, he or she throws the ball back to the leader and the play continues to the second player in the row. If at the end of the row no player has guessed the name of the animal, the leader this time has to say the second letter of the animal, as "Bu" and so on. The leader may ask anything, such as the name of a town, country, river, mountain, car, etc. A player should not be allowed too much time to think, but should throw the ball back rather quickly.





How Safe Are You?

Test Your VERB Survival Skills

When it comes to staying safe in any VERB activity, how good are your survival skills? Take this quiz to find out. Match the Safe Tip on the right with the VERB activity on the left. Remember: Some of the tips may be good advice for more than one activity.

_____ Basketball

_____ Biking

_____ Diving

_____ Figure Skating

_____ Gymnastics

_____ Hiking

_____ Inline Skating

_____ Jumping Rope

_____ Skateboarding

_____ Soccer

_____ Tennis

_____ Volleyball

(a) In this VERB activity, you should be on the right side of the road.

(b) Before tackling this VERB activity, make sure you know the proper technique for heading a ball.

(c) Avoid spills in this VERB activity by setting the right length for your rope.

(d) In this VERB activity, make sure your trucks are tightened and your wheels are spinning properly each time before you ride.

(e) Call the ball in this VERB activity by saying "got it" or "mine."

(f) If you feel yourself beginning to fall, bring your hand, arms, and head into your body to absorb the shock.

(g) When you enter the water in this VERB activity, be sure to enter straight.

(h) To prevent hand blisters in this VERB activity, keep your racquet handle dry by using grip tape or hand chalk.

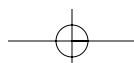
(i) In this VERB activity, hanging on the rim is dangerous. Don't do it.

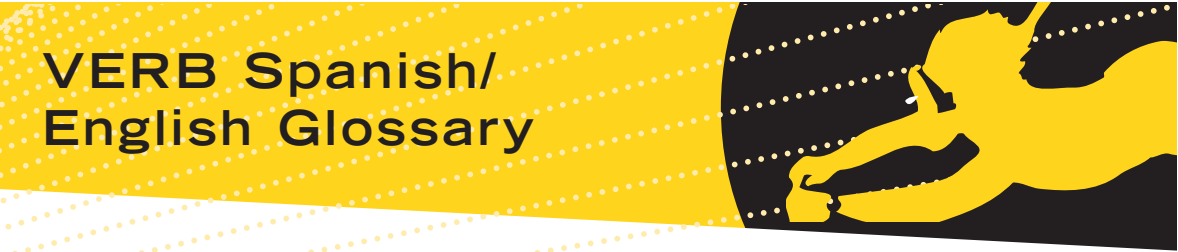
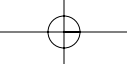
(j) Take a friend and an adult along on this VERB activity.

(k) Never attempt a trick in this VERB activity that you are not familiar with.

(l) In this VERB activity, make sure you are in control of your speed, your turns, and your stops and be careful of cracks in the pavement.

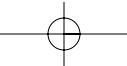
Answer: Basketball (i); Biking (a);
Diving (g); Figure Skating (f);
Gymnastics (k); Hiking (j);
Inline Skating (l); Jumping Rope (c);
Skateboarding (d); Soccer (b);
Tennis (h); Volleyball (e)





SPANISH	ENGLISH
Anima	Cheer
Artes marciales	Martial Arts
Atletismo	Track and Field
Badminton	Badminton
Bailar	Dance
Bailar tap	Tap
Bocha	Bocce
Bota el balón	Dribble
Camina	Walk
Ciclismo	Bike
Coger la pelota	Catch
Corre	Run
Cumbia	Cumbia
Dale vueltas al bastón	Baton Twirl
Equilibrio	Balance
Esquí Acuático	Water-ski
Estirarse	Stretch
Excursión	Hike
Fútbol	Soccer
Fútbol americano	Football
Gimnasia	Gymnastics
Golf con disco	Disc Golf
Handball	Netball
Hockey sobre hierba	Field Hockey
Hula Hoop	Hula Hoop
Jogging	Jog
Jugar a los bolos	Bowl
Karate	Karate
Lanzar	Pitch
Levantar pesas	Weight Train
Limbo	Limbo
Luchar	Wrestle
Malabarismo	Juggle
Monta en monopatín	Skateboard
Nada	Swim
Palea	Row
Pasar	Pass
Patínaje en hielo	Figure Skate
Patínaje en línea	Inline Skate
Pegarle a la pelota	Swing
Ping-pong	Table Tennis
Rema	Paddle
Salta	Jump
Sepak Takraw	Sepak Takraw
Surfea	Surf
Tai Chi	Tai Chi
Tenis	Tennis
Tira	Throw
Tírate en el agua	Dive
Ultimate Frisbee	Ultimate Frisbee
Volleyball	Volleyball
Yoga	Yoga

ENGLISH	SPANISH
Badminton	Badminton
Balance	Equilibrio
Baton Twirl	Dale vueltas al bastón
Bike	Ciclismo
Bocce	Bocha
Bowl	Jugar a los bolos
Catch	Coger la pelota
Cheer	Anima
Cumbia	Cumbia
Dance	Bailar
Disc Golf	Golf con disco
Dive	Tírate en el agua
Dribble	Bota el balón
Field Hockey	Hockey sobre hierba
Figure Skate	Patínaje en hielo
Football	Fútbol americano
Gymnastics	Gimnasia
Hike	Excursión
Hula Hoop	Hula Hoop
Inline Skate	Patínaje en línea
Jog	Jogging
Juggle	Malabarismo
Jump	Salta
Karate	Karate
Limbo	Limbo
Martial Arts	Artes marciales
Netball	Handball
Paddle	Rema
Pass	Pasar
Pitch	Lanzar
Row	Palea
Run	Corre
Sepak Takraw	Sepak Takraw
Skateboard	Monta en monopatín
Soccer	Fútbol
Stretch	Estirarse
Surf	Surfea
Swim	Nada
Swing	Pegarle a la pelota
Table Tennis	Ping-pong
Tai Chi	Tai Chi
Tap	Bailar tap
Tennis	Tenis
Throw	Tira
Track and Field	Atletismo
Ultimate Frisbee	Ultimate Frisbee
Volleyball	Volleyball
Walk	Camina
Water-ski	Esquí Acuático
Weight Train	Levantar pesas
Wrestle	Luchar
Yoga	Yoga





Resources/ Bibliography

Disclaimer: The following Web resources were referenced in the compilation of the information found in the VERB Student Planner. These links are provided solely as a service to our readers. These links do not constitute an endorsement of these organizations or their programs by CDC or the federal government, and none should be inferred. CDC is not responsible for the content of the individual organization Web pages found at these links.



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METRIC SYSTEM

LENGTH

Unit	Abbreviation	# of Meters	Approx. U.S. Equivalent
kilometer	km	1,000	0.62 mile
hectometer	hm	100	328.08 feet
dekameter	dam	10	32.81 feet
meter	m	1	39.37 inches
decimeter	dm	0.1	3.94 inches
centimeter	cm	0.01	0.39 inch
millimeter	mm	0.001	0.039 inch
micrometer	Um	0.000001	0.000039 inch

AREA

Unit	Abbreviation	# of Square Meters	Approx. U.S. Equivalent
square kilometer	sq. km/km2	1,000,000	0.3861 sq. miles
hectare	ha	10,000	2.47 acres
are	a	100	119.60 square yards
Sq. centimeter	sq. cm/cm2	0.0001	0.155 square inch

VOLUME

Unit	Abbreviation	# of Cubic Meters	Approx. U.S. Equivalent
cubic meter	m3	1	1.307 cubic yards
cubic decimeter	d3	0.001	61.023 cubic inches
cubic centimeter	cu cm/cm3/cc	0.00001	0.061 cubic inches

CAPACITY

Unit	Abbreviation	# of liters	Approx. U.S. Equivalent
kiloliter	kl	1,000	1.31 cubic yards
hectoliter	hl	100	3.53 cubic feet
dekaliter	dal	10	2.64 gallons
liter	l	1	1.057 quarts
cubic decimeter	dm3	1	1.057 quarts
deciliter	dl	0.10	0.21 pint
centiliter	cl	0.01	0.338 fluid ounces
milliliter	ml	0.001	0.27 fluid dram
microliter	ul	0.000001	0.00027 fluid dram

MASS and WEIGHT

Unit	Abbreviation	# of Grams	Approx. U.S. Equivalent
metric ton	t	1,000,000	1.102 short tons
kilogram	kg	1,000	2.2046 pounds
hectogram	hg	100	3.527 ounces
dekagram	dag	10	0.353 ounce
gram	g	1	0.035 ounce
decigram	dg	0.10	1.543 grains
centigram	cg	0.01	0.154 grain
milligram	mg	0.001	0.015 grain
microgram	ug	0.000001	0.000015 grain

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